



Good Grief

Meaningful
Little Books

THE OFFICIAL MONTHLY NEWSLETTER OF MEANINGFUL LITTLE BOOKS

What's New?

EVERYTHING!!

MEANINGFUL LITTLE BOOKS INAUGURAL FIRST NEWSLETTER!!

IN THIS FIRST EDITION YOU'LL FIND:

MEET YOUR AUTHOR

THE STORY BEHIND THE PAGES

FEATURED PHILANTHROPIST & ENTREPRENEUR

A LITTLE TRIVIA

COMFORT FOOD 101

Meet Your Author

Entrepreneur and Creator of Meaningful Little Books

Hello! I am over the moon to be publishing my very first Newsletter! I am Doreen Klassen, I am a mother of four grown children, grandmother to five beautiful granddaughters and wife to a handsome & wonderful man for almost 40 years.

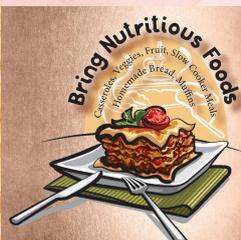
I am also a local author in Calgary Alberta. I love bringing joy and encouragement to everyone who has been guided to join me along my life's journey even when it gets messy. I create these little books to make life so much better. I use imagination, color, and powerful words to validate the emotions and feelings on the roller coaster of life's unplanned and craziest moments here on planet earth.

Five years into this journey, I have been blessed with an awesome community of support and a community who is still cheering me on. My Vision and Mission statements are a true testament to how I love to spread love in creative and powerful ways.

Vision: To spread love, empathy and hope one little book at a time

Mission: To write powerful, thoughtful and engaging books. Using color and imagination, to create insightful and inspiring assurances to grace the hearts of the people we cherish and love so deeply.

Grief Shared - The Story Behind the Pages



When you see me fading away - Bring Nutritious Foods

After I lost my Mom in 2014 (not a good year) I was finding life extremely difficult. With little brain power or energy I found myself not preparing meals, and this translated to not taking care of the nutrition I was desperately needing. I was literally fading away.

A very dear friend of mine asked me how I was doing, and with out a beat, the tears flowed like a river because I cry when I am not eating like a normal person. My dear friend vanished (to her freezer) for only a minute and brought back to me three freezer meals she had made for her family. Receiving this gift of food touched my heart deeply, feeling so loved and heard. Isn't this what being in community is all about, nourishing a beautiful soul through listening and reacting with an abundance of loving kindness.

And this is why these two pages are so significant in the little book I wrote, Grief Shared. 

I have included on page three, a fantastic No Knead Rustic Artisan Bread recipe. You can add cheese, jalapenos, cinnamon and raisins, you can add just about anything you want to this no kneed, no fail bread recipe. This bread makes a lovely addition when gifting with the little Grief Shared book.

To find out more about this little book I called Grief Shared, please visit my newly refreshed website

www.meaingfullittlebooks.ca

Featured Philanthropist & Entrepreneur *Heidi Swinamer*

Owner of
Warrior Label

Warrior label was created for Warriors
who continue to show up, one day at a time.



Warrior Label is a company that was created to honour and celebrate everyday warriors facing battles that many of us never dreamed we would. A community of people that have chosen to believe that their stories are powerful, and of great value. Like you, Heidi's story has many parts, but when she stepped back, Heidi could see a beautiful thread of hope and resiliency.

Warrior Label was established in 2018 with the purpose to acknowledge, honour and celebrate all warriors, no matter where they are at in their life journey.

Heidi and her team have developed a beautiful brand of apparel designed to spark conversation and create community through having people wear a piece of their story. In choosing fabric that warms and envelops the body, to creating designs that resonate with those who are warrior-ing on through their journeys of struggle, compassion, care and acknowledgement are infused into every part of the Warrior Label brand.

Heidi was diagnosed with a chronic illness a few years ago and has been given her life back by her amazing Warrior community. Heidi said, "I have more hope and health than I ever expected. This is largely due to the incredible community I have around me cheering me on. It is partly because of the healing nature of community, that Warrior Label was created."

Meanings behind the outstanding floral designs:

Chrysanthemum - designed to reveal the beauty and reality of a journey with mental health.

Baby's Breath - designed for all mom's and dad's who have experienced a loss of a child.

Daisy - designed to show the reality of chronic fatigue, and the effects and changes it can have on one's life. In this bouquet, energy is represented by the amount of water given to the same flowers.

Did you Know? Heidi is also a philanthropist, and is committed to giving 10% of her profits to charities that provide support to individuals and families going through adversity. Heidi will often take nominations for such charities and periodically ask her customers to help choose where these profits will go. Isn't this amazing!

Check out **warriorlabel.com** for all the beautiful clothing designs and the stories behind each and every beautifully designed thoughtful piece. Warrior label can also be found at **@warriorlabel** on Instagram and Facebook .

(Photos taken by Genevieve Renee, Heidi is on the left & a sample of the clothing is being modelled on the right)

Thank you Heidi for creating a beautiful and meaningful business.

A little Trivia for you

Do you know where the expression "The best thing since sliced bread" came from?

Well... back in the 1920's, a man by the name of Otto Frederick Rohwedder invented the first effective bread-slicing machine. This amazing machine was put into service in 1928 by the Chillicothe (Missouri) Baking Company. This man and machine made front page headlines in the local Missouri newspaper in 1928.

This now-common phrase, "the best thing since sliced bread," is a phrase used in hyping up a new product or invention and may have come into use based on an advertising slogan for Wonder Bread, the first commercial manufacturer of pre-wrapped, pre-sliced bread. Red Skeleton also used this idiom in an interview with the Salisbury times in 1952... "Don't worry about the TV, It is the greatest thing since sliced bread."

No Knead Rustic Artisan Bread

Comfort Food 101



Ingredients

3 cups all-purpose flour
 2 teaspoons kosher salt not table salt
 1/2 teaspoon dry yeast active dry or highly active dry work best
 1 1/2 cups lukewarm water
 Dutch oven or any large oven-safe dish/bowl and lid

Directions

1. In a large bowl, stir together the flour, salt and yeast. Stir in water using a wooden spoon until the mixture forms a shaggy but cohesive dough. Do not over-work the dough. The less you "work" it, the more soft, fluffy air pockets will form.
2. Cover bowl tightly with plastic wrap. Let dough sit at room temperature for 8-24 hours*. Dough will bubble up and rise.
3. After dough is ready, preheat oven to 450 degrees F. Place your Dutch oven, uncovered, into the preheated oven for 30 minutes.
4. While your Dutch oven preheats, turn dough onto a well-floured surface. With floured hands, form the dough into a ball. Cover dough loosely with plastic wrap and let rest.
5. After the 30 minutes are up, carefully remove Dutch oven. With floured hands, place the bread dough into it. (You can put a piece of parchment under the dough if your Dutch oven isn't enamel coated.)
6. Replace cover and bake for 30 minutes covered. Carefully remove cover and bake for 7-15 minutes* more, uncovered.
7. Carefully remove bread to a cutting board and slice with a bread knife.
8. Enjoy!

Sourced from: www.comfortofcooking.com

Meaningful Little Books are written from the heart, bringing love, empathy and kindness to the forefront of every conversation and greeting. Being a place of comfort and hope at every stage along life's journey.

www.meaningfullittlebooks.ca